

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01206, Cream substitute, flavored, powdered

Report Date: December 09, 2015 19:26 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	1.52	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kcal	482	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Energy	kJ	2018	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Protein	g	0.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Total lipid (fat)	g	21.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Ash	g	0.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Carbohydrate, by difference	g	75.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Sugars, total	g	58.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Minerals													
Calcium, Ca	mg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Iron, Fe	mg	0.63	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Magnesium, Mg	mg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Phosphorus, P	mg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Potassium, K	mg	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Sodium, Na	mg	123	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Copper, Cu	mg	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Manganese, Mn	mg	0.140	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Selenium, Se	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fluoride, F	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Thiamin	mg	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Riboflavin	mg	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Niacin	mg	0.084	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Pantothenic acid	mg	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-6	mg	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, total	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, food	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Betaine	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lutein + zeaxanthin	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E (alpha-tocopherol)	mg	0.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	9.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lipids													
Fatty acids, total saturated	g	19.446	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
8:0	g	0.903	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
10:0	g	0.903	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	7.518	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
14:0	g	3.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
16:0	g	2.373	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:0	g	4.742	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total monounsaturated	g	0.618	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:1 undifferentiated	g	0.618	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fatty acids, total polyunsaturated	g	0.229	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:2 undifferentiated	g	0.229	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Phytosterols	mg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Threonine	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Isoleucine	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Leucine	g	0.045	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lysine	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Methionine	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Cystine	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Phenylalanine	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Tyrosine	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Valine	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Arginine	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Histidine	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Alanine	g	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Aspartic acid	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Glutamic acid	g	0.104	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Glycine	g	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Proline	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Serine	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Theobromine	mg	92	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007